



5 Easy Tips to...
Reduce Stress,
Improve Sleep
and
Slow the Aging Process





REDUCE STRESS

1. Deep Breathe

The best breaths you can take are **slow and deep**.

1. Fill your lower lungs (causing your diaphragm /abdomen to expand),
2. Allow the air to expand up into your upper lungs (expanding your chest).
3. Hold the breath in for a couple seconds.
4. Slowly let the air exhale from the chest and then the lower lungs.
5. Repeat a few times.

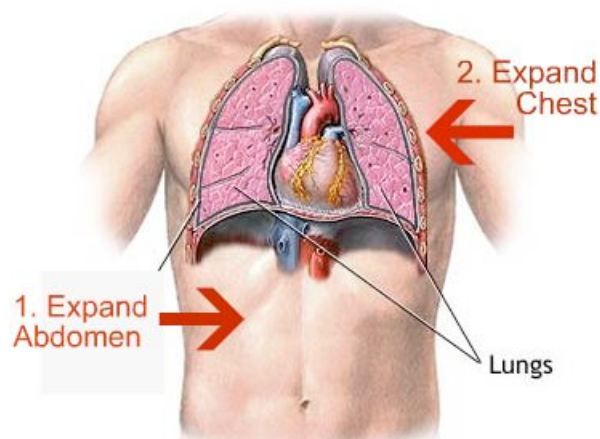
I suggest counting how long it takes you to do your inhalations and exhalations - you will be able to see over time how your breathing improves.

Aim to eventually inhale/exhale for 20 seconds each, for a total of 40 (ish) seconds for 1 complete breath!

This is a great way to calm your mind, and come into the present moment. Your body, mind and spirit will thank you!

Your body relies on oxygen to survive. All your cells and physiological systems need it function.

This is also a very effective technique for helping your mind be at peace while you are trying to fall asleep!





2. Relax Your Mind

Calm your mind and your body will follow suit.

Meditation is an effective way to bring your mind into the present moment to clear away any unnecessary thoughts and worries. It can be used in a form to strengthen our energy, the charkas (energy centers of the body) and help us reach a higher spiritual awareness.

Spending even 20 minutes a day (preferably in the morning, before your day begins) can improve the quality of your day. When the mind is at peace, stress is reduced and you become more acceptable to the situations that happen around you.

To bring your mind into the present moment, practice the deep breathing exercise. Be aware of only what is happening presently in your body, but without judgment. Allow any other thoughts that come into your mind to pass by (like clouds drifting in the sky). Focus on the sensations going on in your body as you breathe. Feel how your abdomen and chest expand. Explore your body with a curiosity, and keep out any negative thoughts from coming in (such as "My muscles hurt" "I can't take as deep of breaths that I want" etc).

When you are truly present in a non-judgmental way, your mind will be at peace.

Visual Meditation

1. Sit or lie motionless in a comfortable position. Become aware of changes and movement that continues in your body.... your heartbeat.... your breath. As you breathe in, feel the energy of the breath nourishing everything within you, providing you with health and wellness.

2. Focus on the gentle movement of your abdomen as you breathe. Imagine it filled with a warm glowing colour, which represents joy and vitality, both of which are available to you in abundance.

3. Bring to mind a pleasurable experience...

Recollect all the senses that will bring the moment back to life for you now...

Remember how you felt.... the colours around you... textures... shapes... sounds... smells... tastes.

4. Shift that image to your abdomen so that the warm glowing colour suffuses it, magnifying the experience and making it even more satisfying and joyous.

Surrender your body to the pleasure of that moment... something you deserve to experience every day of your life, and can have it again every time you put your mind to it. Enjoy this feeling for as long as possible.

5. As you breathe in, know that your life can be a succession of wonderful, beneficial experiences if you choose it to be so.

Determine to look for the opportunities, the love, the joy and the fun in all you do today. You deserve it!

6. When you are ready, take in 3 more slow, deep breaths and feel the peace within yourself grow with each one. Slowly open your eyes and become aware of your surroundings. Give gratitude for this moment.



IMPROVE SLEEP

3. Get High Quality Sleep

Many people have trouble falling or staying asleep because the mind is over-active.

Here is a simple exercise to help you clear your mind and fall asleep:

1. Take in a few deep breaths, each time you exhale, feel your whole body relaxing and letting go, sinking a little deeper into the mattress.

2. Focus on your head – make sure you are not holding any tension around the eyes, in the forehead and jaw. Is your head comfortable? Move it around to find that perfect spot where it can relax and let go. Deep breath in, and as you exhale, feel it relaxing deeper into the pillow.

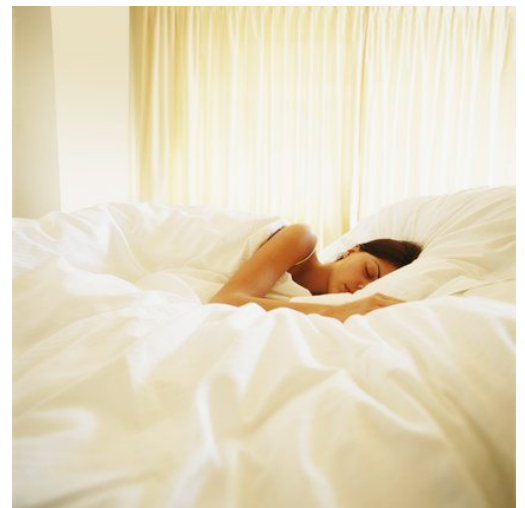
3. Become aware of your shoulders, focus on them for a whole breath. Move to your arms, hands and fingers. Every time you exhale, feel them relaxing. You may wish to tense them up and then release them to ensure they are letting go.

4. Focus on your chest and abdomen – be aware of how they move as you breathe. Remember to keep your mind free of any other thoughts, just focus on the way your body is moving with your breath.

5. Continue down your whole body, part by part, seeing them in your mind, feeling them relaxing as you breathe and on each exhale. Spend one breath on each part of your body. If you find your mind starts wandering during this, don't criticize yourself, but kindly bring your mind back to your body and continue on.

6. Do this exercise as many times as you need to... not rushing, but taking it slow. Most people make it to their legs and are on the verge of falling asleep.

Remember: Why worry as you are lying in bed? There is absolutely nothing you can do about your 'problems' at this moment, so leave them behind for the night, and know that you can address them when you wake up in the morning. Let your last thoughts be positive before you fall asleep, or better yet – have no thoughts, just focus on your breathe and the 'here and now'!





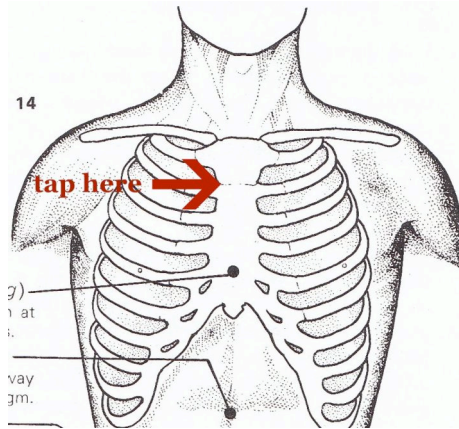
SLOW THE AGING PROCESS

4. Strengthen Your Immune System – Prevent Illness

Tap... Tap... Tap...

Tap. Tap. Tap

Gently tapping the middle of the chest on the sternum (breastbone) helps to stimulate the thymus which is nestled in behind.



Do this for a few minutes at a time throughout the day.

Thymus Medical Info - Why all this tapping makes sense:

The thymus processes a type of white blood cell known as a T-lymphocyte. These T-lymphocytes govern cellular immunity which means they help cells recognize and destroy invading bacteria, virus, etc., abnormal cell growth such as cancer, and foreign tissue. When the thymus is stimulated (ie - by tapping), it processes more of these cells rapidly and they get sent to the rest of your body to fight what ever is invading it!

Personal Story:

I truly believe in this method of boosting immunity - A few years back, during the dreaded Christmas/Holiday cold and flu season, I traveled across the country to visit family and friends. For 2 weeks, I can honestly say that 95% of the people I was around were sick in one form or another. I was surrounded by coughing, headaches, fevers, chills, sniffles... you name it... I was in contact with it!

Each and every day I was there I 'tap tap tapped' my chest and drank 1 cup of Echinsea tea. Upon arrival back in British Columbia (and even being stuck on 2 planes with the coughing symphony all around me), I was healthy as ever! I had heaps of energy, and best of all - not a single symptom of the cold or flu!

From that year on, I have become a devoted 'Tapper' and I encourage you to do the same!

Tap Tap Tap....



5. Drink Water

A break down of WHY you should be drinking water:

* The intestines use about 1/2 a glass of water per day to function. Feeling constipated? When the body gets too little water it siphons what it needs from internal sources. The colon is one primary source. The result? Constipation. Drink enough water, and normal bowel function usually returns.

* Breathing uses about 1 1/3 glasses of water per day.

* The lungs take about 2 glasses of water per day. That's right your lungs need moisture, without it, think dry desert, no breath and difficulty breathing!

* The skin uses about 2 glasses of water per day. This is your largest organ in your body, which is exposed to the elements every day. It is the last organ to be hydrated, so dry skin is a good indicator when you are lacking water.

* The kidneys use about 5 1/2 glasses of water every day. Their essential function is to remove waste products from the blood, producing urine and regulating the body's fluid levels.

* Under normal conditions, the body loses approximately 12 glasses of water per day. In the summer heat and when active, you can expect to lose more water through sweating (the body's way of regulating body temperature).

Now it makes sense why health professionals are always telling you to "drink 8-10 glasses a day!"

How much should I drink?

Women: 8-9 glasses a day

Men: 9-12 glasses a day



Personalize it to your body:

- What is your weight in lbs?
- Divide by 2
- This gives you the # of ounces you should drink per day
- There are 8 ounces in a cup (so Divide the above # by 8)

Example:

- 150 lbs female
- Divide by 2 = 75 oz
- 75 oz divided by 8 (oz in a cup) = 9.3 cups
- Recommend approx. 9 cups of water total intake a day (from food & drink)



Do Teas, Coffee & Juice count?

There is much debate amongst health professionals whether the 8 glasses / day can include teas, juice and coffee. Here are my thoughts:

Coffee & Alcohol - No - Caffeine & Alcohol are dehydrators, so cannot be counted - in fact for every cup you drink of these, you should ensure you have 1 cup of pure water just to counteract it. (i.e./ Drink 1 cup of coffee in the AM, and follow it with 1 cup of water, your daily water intake is still at 0)

Teas - Herbal - Yes (but for only 2-3 cups), Caffeinated - No (see above)

Juice -Yes, but with caution (and only 2 cups count) - Juice usually has a very high sugar content as well as preservatives and additives, which is not healthy for your body.

The Best - Pure Water - filtered, non-chlorinated water is the best source for your hydration. If it is too 'blah' of a taste -- add a squirt of fresh lemon - very healthy and the lemon actually becomes alkaline (despite its acidic characteristics) in your body and helps to balance your ph.

Dehydration Signs & Symptoms:

Dehydration Signs & Symptoms (Mild)

Thirsty
Dark or Coloured Urine
Dry mouth & lips & skin
Fatigue or Lack of Energy
Moodiness / Irritability
Appetite Changes

**** Please note other symptoms can be indicators as well, consult with your doctor if you have dehydration concerns****

Dehydration Signs & Symptoms (Medium-Sever)

Headaches
Low back pain
Muscle spasms & cramps
Increased heart rate
Extreme Fatigue
Nausea
Decreased urination
Kidney Stones
Respiratory difficulties

How much should I pee?

If you are adequately hydrated you will usually urinate light-coloured urine every 3 to 4 hours. So that's approximately **5 times a day** (based on sleeping 7 hours, and awake 17 hours a day).

Peeing too Often?

When we drink and pee 'all the time', it can be discouraging to continue to intake water, because it feels we are constantly interrupting our day heading to the washroom. It is highly recommended, that you don't 'chug' your water (unless you are excessively thirsty or first thing when you wake up), but take only **a mouthful at a time, every 20-30 minutes per glass.**

This will help slow your urination, while continuing to hydrate your body.

So go now and grab a glass or bottle of water - and drink up! Cheers!



I hope this guide gets you started in creating the healthy body + mind you deserve!

Working with a certified holistic health therapist can improve your over all health.
I design personalized health and wellness programs specifically to relieve pain, reduce stress and create peace in your life.

For a personal consultation and session, see my website for contact and appointment details:
<http://www.lindsayroseholistichealth.com> or please contact me at:
info@LindsayRoseHolisticHealth.com

I look forward to working with you in the near future!

With gratitude,

Lindsay Rose

